

Potomac Community Resources, Inc.

June 2006

Volume 12, Issue 6

Mailing Address Only: 9200 Kentsdale Dr. Potomac, MD 20854
301-365-0561, info@pcr-inc.org

UPCOMING EVENTS

8th ANNUAL JOE RAZZA PHOTO EXHIBIT

“Featuring the work of talented PCR members mentored by the North Bethesda Camera Club”

July 11th, 2006

7 pm—8pm

FREE TO ALL!

SEEC/VIA site



PCR/CSS CHORUS CONCERT

Thursday, June 1st, 2006

Our Lady of Mercy Church:

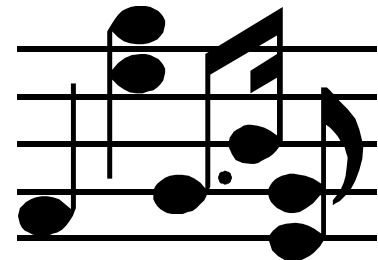
9200 Kentsdale Dr., Potomac


6:00—8:30 pm

NOTEABLES I & II SUMMER TIME CHANGE !

NoteAbles I & II will have a later start date

beginning June 22nd. NoteAbles II will



Program	Description	Day/time
NoteAbles I, II, III, IV	Music therapy/enjoyment. Basic music skills, drumming, singing, dance, movement, socializing. Uses a wide variety of percussion instruments, parachutes, and many other creative approaches. Love of music is the prerequisite! Fun, friendly environment. Each session is a little different, so check with PCR to see which is the right fit for you!	I Thursdays 7:15-8:05 pm II Thursdays 6:15-7:05 pm III Mondays 7:30- 8:20 pm IV Mondays 6:30- 7:20 pm
Movin' Along	A fun, aerobic way to improve balance, coordination, and muscle tone. Small groups, easy to follow directions. Lots of variety of activity. Exercise to upbeat music. A full workout! Great social opportunity.	I Wednesdays 6:15- 7:05 pm II Wednesdays 7:15- 8:05 pm III Tuesdays 6:30- 7:20 pm
Men's Discussion Group I, II	Facilitated by clinical social worker. Focus on increasing independence, adult friendships, career decisions, relating to family as a young adult, dating, etc. Admission by interview. Groups are unique, so call the office and speak to Julia to see which is right for you.	I Wednesdays 7:10-8:00 pm II Wednesdays 6:15- 7:05 pm
Tai Ji	Ancient Chinese exercise. Have fun while improving balance, coordination and concentration. Must be able to follow and remember several complex movements.	Mondays 7:00- 8:00 pm
Studio 3F	A Friday night social club for PCR members and friends. Come dance, shoot hoops, play billiards, do art, play board games, and hang with friends. Staff ratio is 1:10, must be able to socialize independently. PLEASE SEE INSERT FOR NEW REGISTRATION PROCESS!	Third Friday of each month 7:00 -10:00 pm
Basketball	Players at all levels of skill are welcome to join us for friendly, informal game.	Sundays 5- 6 pm
Tricia Sullivan Respite Program	Five hours of fun and therapeutic activities for people with significant care needs and/or those with medical needs. RN on staff. Admission by interview.	Usually first and third Sundays of each month. 12:00- 5:00 pm
Phabulous Photographers	Welcomes everyone interested in photography basics to join us once a month for a lesson and chance to share our work. Sponsored by North Bethesda Camera Club.	First Tuesday of each month 7- 8 pm
Tennis	Players at all levels of skill are welcome to join us for a friendly, informal game.	Sundays 5-6 pm
First Wednesday Art	Art enjoyment group. Have fun and express yourself using a wide variety of multicultural art media to create a personal masterpiece each session.	First Wednesday of each month 7:15- 8:15 pm
Best Foot Forward	Through a partnership with the Montgomery County Road Runners Club (MCRRC), PCR members have the opportunity to train in a community based program for the October 1st, 2006 Rockville 5k race.	Tuesdays and Saturdays
Tricia Sullivan Respite Program II 	Five hours of therapeutically fun activities for people with moderate needs. Ability to function in a 1 to 4 staff ratio and in a group of up to 30 people, ability to follow 1-2 step directions, and self-ambulation required. Participants should not be a danger to self or others, and no personal care (feeding & toileting) is provided. Please contact the office for admission.	Sunday 12-5 pm
PCR/CSS Chorus	Sessions will include warm-ups, skill building, and mastering a repertoire drawn from Americana, Grammys, movies, folk and more! Participants should be able to stay on task for 50 minutes, read or learn by rote, follow directions and conducting cues, ability to make quick transitions, function well in a group, and desire to perform. Regular attendance is required.	Thursdays 7:00- 8:15 pm
Graduate Transition Program	Post- high school program providing academic and vocational services	Separate registration. Contact PCR
Sing-A-Long	A group for singing enjoyment for those who want to sing with friends without the pressure of performing. We will share a wide range of musical styles and select songs that lend themselves to fast learning. Participants are expected to be able to read song words or learn by rote and stay on task for the program duration. No music skills required except a love of singing!	Wednesdays, 5:30 pm- 6:20 pm
Line Dancing	A fun aerobic dance experience. Line dances reflecting the best of America's diverse cultural traditions and popular culture will be used as the basis for this program. Participants are expected to follow 3-step directions, know right and left and forward and backward, and pay attention for program duration. Bring a water bottle, wear loose clothes and your (comfortable) dancing shoes!	Mondays, 6:30 pm-7:20 pm

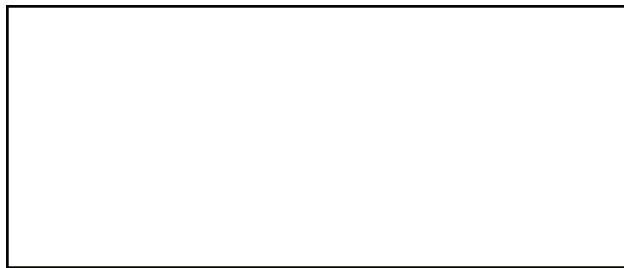
Schedule	Cost/ make check out to:	Location
I & II: July: (SKIP 6), 13, 20, 27; August: 3, 10. III & IV: July: (SKIP 3), 10, 17, 24, 31; August: 7.	I, II: \$50 payable to PCR III, IV: \$50 payable to PCR	I & II: Potomac Community Center, Potomac III & IV: Bradley Hills Presb. Church, Bethesda
I & II: July: (SKIP 5), 12, 19, 26; August: 2, 9. III: July: (SKIP 4), 11, 18, 25; August: 1, 8.	I, II: \$50 payable to PCR III: \$50 payable to PCR	Rockville SEEC VIA site 622 Hungerford Drive Rockville, MD
July: 12, 19, 26. No meeting on the first Wednesday of each month. No sessions in August <u>PLEASE NOTE TIME CHANGE!!!!</u>	\$5 payable to PCR	Rockville SEEC VIA site 622 Hungerford Drive Rockville, MD
July: (SKIP 3), 10, 17, 24, 31; August: 7.	\$60 payable to PCR	Be You/Bi Yu 5602 Shields Dr. Bethesda, MD
July 21, August 4. <u>PLEASE NOTE AUGUST DATE!!!!</u>	\$10 at the door	CSS 9075 Comprint Court, Gaithersburg
July: 2, 9, (SKIP 16), 23, 30; August: (SKIP 6), 13.	\$5 payable to PCR	The Heights School Gym 10400 Seven Locks Road, Potomac
July: (SKIP 2), 16; August: 6, 13.	\$25 donation to PCR requested. Financial assistance available. Qualifies for use of respite funding.	Gaithersburg
July 11: August 1.	\$5 payable to PCR. Supply your own point and shoot camera and film. Developing photos is also up to you.	Rockville SEEC VIA site. 622 Hungerford Drive Rockville, MD
June: 11, (SKIP 18), 25; July: 2, (SKIP 9), (SKIP 16), 23, (SKIP 30); August: (SKIP 6), 13.	\$5 payable to PCR	The Heights School Tennis Courts 10400 Seven Locks Road, Potomac
July 5, August 2. <u>PLEASE NOTE TIME CHANGE!!!!</u>	\$30 payable to PCR	Rockville SEEC VIA site 622 Hungerford Drive Rockville, MD
Log on to http://www.mcrc.org and click on the Training Programs link for more information. Registration for the 2006 season will be available online beginning June 12, 2006. For additional information contact wanda.walters@verizon.net .	Membership is free for PCR members.	
July 9, August 6.	\$35 per session payable to PCR	Bethesda
July: 6, 13, (SKIP 20), 27; August: 3, 10.	\$60 payable to PCR	CSS 9075 Comprint Court, Gaithersburg
Weekdays	Tuition based academics, DDA funding for vocational services	On the campus of Montgomery College–Rockville and community job sites.
July: 5, 12, (SKIP 19), 26; August: 2, 9.	\$50 payable to PCR	CSS 9075 Comprint Court, Gaithersburg
July: (SKIP 3), 10, 17, 24, 31; August: 7.	\$50 payable to PCR	Rockville SEEC VIA site. 622 Hungerford Drive Rockville, MD

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**NEW WEEKEND
RESPITE PROGRAM
INSIDE!**



JUNE PROGRAM SKIP DATES

BASKETBALL: SKIP 4th & 18th

CHORUS: SKIP 8th & 29th

NOTEABLES I & II: SKIP 15th

NOTEABLES III & IV: SKIP 26th

SING-A-LONG: SKIP 7th & 28th

DATES TO REMEMBER

TRICIA SULLIVAN RESPITE PROGRAM: JUNE 4th & 18th

STUDIO 3F: JUNE 16th

PHABULOUS PHOTOGRAPHERS: JUNE 6th

FIRST WEDNESDAY ART: JUNE 7th

TRANSITION TIMES: JUNE 21st

CHORUS CONCERT: JUNE 1st

PCR DROP-OFF POLICY

Please remember that when you drop off a PCR member at a program you should accompany that person inside to the program area. Please DO NOT drop the member off outside the program area or building and leave. Also, please do not drop off a member at a program before the stated start time. PCR staff use this time to set up the program. You should also come inside to pick up members at the end of a program. These procedures allow you to make sure that your member gets safely inside, that there is a program that day, and also lets you communicate with the PCR staff.

CONGRATS!

To the following students who graduated from the Graduate Transition Program at Montgomery College.

KIMBERLEY CAULEY
ALICIA M. COLEMAN
REBECCA M. DOWNS
LIZABETH A. KANFEE
MICHAEL J. KREMPASKY
PATRICK W. KURIA
SARAH B. MCGHEE
KATHLEEN R. MALONEY

Congratulations to Carol Reitz, Line Dancing Instructor, on the birth of her granddaughter, Evangeline Nader.



PROCESS FOR STUDIO 3F REGISTRATION

3 STEPS FOR FUN AT STUDIO 3F

1) REGISTER: Only 60 registrations will be accepted for the Summer session of Studio 3F. The Spring session runs from February through June. Registrations will be taken on a first come-first serve basis. To be accepted, all registration forms must be completed and signed. Registration does not guarantee a spot at Studio 3F (see step 2). All payments for this program should be made at the door; do not send payment with your registration form.

2) RSVP: You must RSVP to attend each Studio 3F. PCR will start accepting RSVP's at 12:01 AM on the first of the month. RSVP's will only be accepted for that particular month. You must RSVP for each session you plan on attending. Any RSVP's received before the stated start time or date will be disregarded. There are only 45 spots available per month. RSVP's will be accepted by phone (301-365-0561) or email (seth@pcr-inc.org). All RSVP's will be accepted based on time and date received, so RSVP early! All RSVP's received after the program is filled will be placed on a wait-list.

3) COME: Come to Studio 3F and have a great time!

SOME OTHER IMPORTANT INFO:

To Cancel Your RSVP: Call or email the above contacts by 5 PM the Wednesday before Studio 3F. This gives us some time to fill the spot from the wait-list. If you RSVP and do not attend you will automatically be placed at the bottom of the wait-list for the next month. If you break your RSVP a second time, you will lose your ability to RSVP for the rest of the session.

WANT TO SEE WHAT STUDIO 3F IS ALL ABOUT?
Contact Seth at 301-365-0561 or seth@pcr-inc.org.

GREAT NEWS!

**PCR received our entire funding request from the Montgomery County Council!
Thank you to everyone who wrote and called on our behalf.**

**NOW- It's time to remember our manners and say "Thank you" to the County Council.
Please contact council members and let them know how very much you appreciate their
acknowledgement of PCR's role in your life and in our community.**

Special thanks to Council Member Steve Silverman, who spearheaded the effort.

Montgomery County Council
100 Maryland Avenue, 6th Floor
Rockville, MD 20850
(240) 777-7900

George L. Leventhal
Council President
(D-At Large) of Takoma Park
240-777-7811
county.council@montgomerycountymd.gov

Marilyn J. Praisner
Council Vice President
(D-Dist. 4) of Calverton
240-777-7968
councilmember.Praisner@montgomerycountymd.gov

Thomas E. Perez
(D-Dist. 5) of Takoma Park
240-777-7982
councilmember.Perez@montgomerycountymd.gov

Steven A. Silverman
(D-At Large) of Silver Spring
240-777-7960
councilmember.Silverman@montgomerycountymd.gov

Nancy M. Floreen
(D-At Large) of Garrett Park
240-777-7959
councilmember.Floreen@montgomerycountymd.gov

Michael L. Subin
(D-At Large) of Gaithersburg
240-777-7828
councilmember.Subin@montgomerycountymd.gov

Howard A. Denis
(R-Dist. 1) of Chevy Chase
240-777-7964
councilmember.Denis@montgomerycountymd.gov

Michael J. Knapp
(D-Dist. 2) of Germantown
240-777-7955
councilmember.Knapp@montgomerycountymd.gov

Philip M. Andrews
(D-Dist. 3) of Gaithersburg
240-777-7906
councilmember.Andrews@montgomerycountymd.gov

County Executive
Douglas M. Duncan
Executive Office Building
101 Monroe Street
Rockville, MD 20850
240-777-2500
240-777-2517 (Fax)

INFOSHARE

NOW AVAILABLE!
**"Planning For The Future:
Providing a Meaningful Life for a
Child with a Disability after Your
Death"**

The fifth edition of this book by L. Mark Russell, Esq. and Arnold E. Grant, Esq. is now for sale. To find out more information on this guide and learn how to obtain a copy, go to:
www.DisABILITIESBOOKS.COM.

LOOKING FOR ADULT SIBLINGS

Vanderbilt University has created a questionnaire for adults over the age of 18 who have a brother or sister with a disability. Findings will be presented at The Arc's 2006 National Convention. Participation is voluntary and answers are kept confidential. If you are 18 years of age or older and have a sibling with a disability, please participate. You can find the questionnaire online at: <https://kc.vanderbilt.edu/FamilyResearch>. Paper copies are also available by emailing your name and address to FamilyResearch@vanderbilt.edu or calling 888-322-5339.